

Engineer Company B

"We Engineer the Impossible"

Family and Friends Newsletter



Issue 5

Newsletter Date
Jul - Sept 2004

Special points of interest:

- **USMC Operation Iraqi Freedom Hotline**
- **Useful Links and information**
- **New Tricare Web page**

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Welcome to our forth edition of the Family and Friends Newsletter

Welcome to the fifth edition of the Engineer Company "B" Key Volunteer "Friends and Family" Newsletter. We are excited to be in touch with you on a regular basis and hope you find the information within useful and entertaining.

Company "B's" two-week Annual Training is here! It is a great opportunity to make sure all our affairs are in order instead of waiting for the unit to be activated again to have Wills, Powers of Attorney, Letters of Instruction, etc. in place. Taking care of all these things now will mean less stress and more time to spend with your Marine when and if he is activated and deployed again. Anything is possible, so let's be ready for it. If you have any questions on how to get these things done, please contact me and I will point you in the right direction.

Speaking of being prepared, there will be a Key Volunteer Network training seminar 16-17 Jul. The KVN is an official USMC organization that provides an effective means of communication between you and your Marine's unit. Our mission is to provide as much information to the families as possible; not only during deployments, but for the entire time your Marine is part of this unit.

We need Key volunteers! The KVN is a great way to keep busy, to know what is going on with your Marine (because we know how great they are at telling us things!), and to help other families stay connected and informed. You do not have to live locally or be the spouse of a Marine to be involved, you just need to be willing to give a little of your time. Most importantly, being a KV and making sure Engr Co "B" has a strong and functioning KV Network, allows our Marines to effectively do their jobs, knowing there are people like us back home taking care of their families when they can not.

Please give serious thought to being a Key Volunteer.

If you have any questions or concerns, please do not hesitate to contact me. Enjoy the spring and Happy Forth of July!

SEMPER FI,

Christine Zupsich
Key Volunteer Coordinator Engineer Company "B"
Email: zupsichcl@mfr.usmc.mil

Que Pasa? "What's Happening"

Our Marines who have been mobilized with other units are doing fine. You will find pictures within this issue that they sent us. We also, have 5 more Marines who have volunteered to mobilize with our sister units. As I get addresses and information on them I will pass it out to you to help support them. I will keep the addresses for all groups

Deploying in the News letter :

Rank, LName, FName
420 En Bgd
Bridge Bravo, 6th Esb, USMC
Lsa Anconda, Iraq
APO AE 09391
(Cpl's Plonski, Andy - Saenz, Roy -
LCpl Bowling, Larry and PFC
Freeman, Andrew)

We also told you about

Cpl Chaban who is deployed to Cuba.

Cpl Chaban's address is:

Cpl Chaban Y, Mouhamad
JTF GTMO/CDC
BLDG#329 RM#08
APOAE 09360.

We will leave their addresses in our newsletters until they return.

Upcoming events

Jun 12th, KV training

Jun 18—Jul 2nd, Annual Training (AT)

Jul 1, Boss Appreciation Day. Invite your boss.

Jul 2, Family Readiness Day/BBQ—Information for wives/spouses.

Jul 9-11th Drill weekend

Jul 16-18th, Key Volunteer Training at Grissom, AFB
For the following KV's:
Virginia Bain, Sandra Maddox, Evelyn Rawls, Lisa Spencer, and Monique Green



From left to right:
MSGT Daily, Sgt's Eisha, Baldwin, Fultz and 1stSgt Alameda at Culver Military Academy for their Annual Inspection, 2004

Services join savings plan

By **Sandra Jontz, Stars and Stripes**

Pacific edition, Monday, May 17, 2004

ARLINGTON, Va. —

Three of the four military services have teamed up with a national program to get military folks to set and work toward achieving a financial goal.

The Army, Marine Corps and Navy have joined the national America Saves program that encourages participants to set attainable goals for themselves — whether it's investing in a retirement fund or paying down high-interest credit card debt — and then stick with it.

America Saves, run by the Consumer Federation of America, is geared toward low- and middle-income households, said CFA associate director Nancy Register.

The Air Force will join in the program once the CFA works through its backlog of getting already-committed programs up and running, she said. She did not know how long that would be.

"America Saves is a national campaign to encourage lower- to moderate-income households to save and build wealth," Register said. "American Saves is a social marketing strategy to change behavior. We're not selling a product. We want to work with them to get that light bulb to go [on], to save, save smart and over a long period of time to save wealth."

"The DOD came to us and asked us to be part of their financial readiness program," Register said.

The various service programs primarily are geared toward the younger enlisted and officer communities, Register said. "For example, if they have an emergency fund, maybe they won't have to take out a payday loan," which often carries a high interest

rate and has to be paid off in short time.

Based on demographic figures for fiscal 2001, the most recent, 33.2 percent of enlisted personnel are E-1s through E-3s, and 59.1 percent O-1s through O-3s.

Participants in the program set a goal they think they can achieve. Goals can range from setting up a savings account to paying off a debt or credit card, saving money for a down payment on a house, or setting up a retirement fund.

After setting a financial goal, participants are encouraged to follow through by signing a "contract" to help keep them on track, and get "reminders" such as a membership card, subscription to the program's newsletter and tips on different savings accounts and ways to invest their money.

"We're looking at this as a social marketing campaign, branching off of an existing effort to tell sailors about investing or paying down debts and incorporating that message into training and education efforts that we're already doing," said Jim Sawhook, personal financial management program manager for the Navy.

The program is about more than money, Sawhook said. "They pledge to set a goal, but it's also a behavior change. That is what the program is really about."

It's been a bit of a "difficult sell" because it requires people to make a shift in behavior, said Dani Booth, personal financial management program analyst for the Marine Corps. "That's why we're launching this social awareness campaign."

Some installations already have incorporated it in their existing financial planning classes. Others have circulated pamphlets announcing the program and ways to join. But if servicemembers don't see ads for it around base, they still can sign up independently on the Internet at the following sites:

Army:

www.americasaves.org/army

Marine Corps: www.americasaves.org/marines

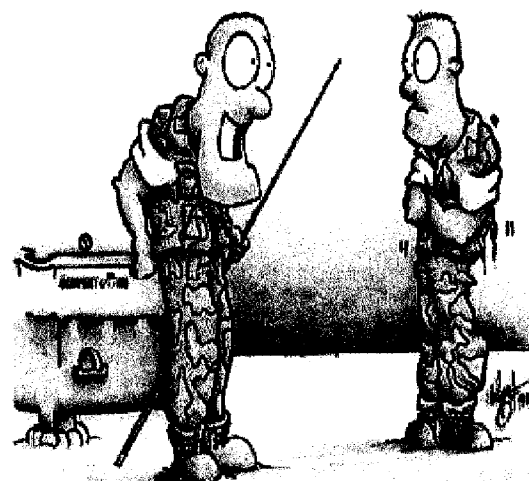
Navy: www.americasaves.org/navy

Anyone can sign up for the program at the parent company site: www.americasaves.org



Cpl's Plonski - Saenz - LCpl Bowling and PFC Freeman
Bridge Building—Iraq

"Chewed Out"



"COME ON... WHAT DID THE 1st SGT SAY?!"

DoD Temporarily Extends TRICARE Eligibility Following Active Duty to 180 Days

Under the National Defense Authorization Act and the Emergency Supplemental Appropriations Act for fiscal year 2004, TRICARE eligibility for some active duty and Reserve Component members separating from active duty service is temporarily extended under the Department of Defense Transitional Assistance Management Program (TAMP) from 60 or 120 days to 180 days.

The enhanced TRICARE provision, which began Nov. 6, 2003, and ends Dec. 31, 2004, is the first of three temporary programs the TRICARE program is implementing this spring under its "Temporary Reserve Health Benefit Program," to enhance access to care for active and Reserve Component sponsors separating from active military service and their family members. The only change to TAMP is the temporary extension for the eligibility period.

"We are pleased to implement these new benefits for separating service members and their families in order to assist the transition to civilian life," said Dr. William Winkewerder Jr., assistant secretary of defense for health affairs. "TRICARE and contractor staff are working to make this temporary benefit work as smoothly as possible," he said.

Eligible sponsors and family members must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS). Former active duty sponsors and family members eligible for the transitional program may enroll in TRICARE Prime in locations where TRICARE Prime is available, or they may use the TRICARE Extra or TRICARE Standard benefits. Under TAMP, active duty sponsors and family members are not eligible for TRICARE Prime Remote.

Former active duty and Reserve Component members who are eligible for transitional benefits may receive dental care at military dental treatment facilities on a space-available

basis only. Family members are not eligible for dental care at these facilities. Civilian dental care is not a covered benefit for sponsors or family members under the transitional program. Certain members of the Reserve Component and their family members may, however, receive dental care by enrolling in the TRICARE Dental Program (TDP). To determine eligibility and get additional information, contact the TDP administrator, United Concordia Companies, Inc. at (800) 866-8499 or at www.ucci.com.

All claims submitted to TRICARE for sponsors and family members eligible for transitional benefits are processed by the TRICARE claims processor at the TRICARE Standard or TRICARE Extra active duty family member rate. To apply for TRICARE reimbursement, sponsors or family members must submit a TRICARE claim form, a copy of the itemized bill, and an explanation of benefits and receipts (if available) to their regional managed care support contractor for processing.

The sponsor's Service branch determines whether the sponsor and family members are eligible for transitional benefits. Active duty and Reserve Component sponsors who are separating from active duty and need to verify eligibility for transitional TRICARE benefits for themselves and family members are encouraged to contact their nearest Service personnel office for assistance. DEERS eligibility may be verified by contacting the Defense Manpower Data Center Support Office toll free at (800) 538-9552.

On Jan. 1, 2005, TRICARE eligibility under the transitional program for active and Reserve Component sponsors who separate from active duty and have fewer than six years of total active federal service and their family members returns to 60 days upon the sponsor's separation. TRICARE eligibility for active and Reserve Component sponsors who separate from active duty and have six years or more of total active federal service and their family members returns to 120 days upon separation of the sponsor.

Sponsors and family members who need help understanding their TRICARE benefits or processing TRICARE claims, may contact their regional TRICARE beneficiary counseling and assistance coordinator for assistance. A list of BCAC names and telephone numbers for assistance is available at

www.tricare.osd.mil/bcacdirectory.cfm. Additional information on TRICARE and the Temporary Reserve Health Benefit Program is available on the TRICARE Web site at www.tricare.osd.mil and the Reserve Component Web site at www.defenselink.mil/ra. A list of frequently asked questions is available at www.tricare.osd.mil/reserve/faq.cfm by typing in keywords TAMP or Reserve.

Story cited in Tricare web site, 8 Jun 04.
<http://www.tricare.osd.mil/news/2004/news0407.cfm>

Useful Information and Links

MCCS One Source - offers advice, support, practical solutions, and online resources. Whether you're preparing for a new baby or preparing for retirement, getting organized or getting out of debt--no matter who you are--MCCS One Source is for you. No question is too small, no issue is too big. The service is pre-paid and confidential.

- 24-hour service, 7 days a week
- Personal support
- Referrals to military and community resources
- Online articles, newsletters, and workshops
- Pre-paid booklets and audio recordings
- Confidential consultation

Visit - www.MCCSOneSource.com
(user ID: marines password: semperfi)

MARFORRES MCCS

creates web site.

MARFORRES Marine Corps Community Services has created a web site with lots of information related to family readiness.

www.mfr.usmc.mil/hq/mccs/

LIFELines: *The Official Quality of Life Service Delivery Network of the Department of the Navy, serving Sailors, Marines and their families.*
<http://www.lifelines.navy.mil/>

Navy and Marine
Corps Relief Society
(NMCRS)
www.nmcrs.org

When a Marine is activated and is on active duty he and his spouse qualify for interest-free loans or grants to help with emergency needs such as:

*Emergency
Transportation
Funeral Expenses
Medical/dental Bills (patient's share)
Food, Rent, and Utilities
Disaster Relief Assistance
Child Care Expenses
Essential Vehicle Repairs
Unforeseen Family Emergencies*

The spouse does not need a pre-authorization through NMCRS. However, they do need either a valid General or a Special Power Of Attorney (POA). Also, the POA must include the authority to borrow money in the service member's name. If they do not have a POA, the Red Cross will not be able to assist the spouse.

MARINE FOR LIFE

ONCE A MARINE,
ALWAYS A MARINE

Get connected with the Marine-friendly network in your hometown

www.m4l.usmc.mil/portal/server.pt/

Our mission is to provide sponsorship to Marines who honorably leave active service and return to civilian life. We want to nurture and sustain the positive, mutually beneficial relationships inherent in our ethos

"Once A Marine, Always A Marine." The program combines online resources with personal assistance in hometowns across the country to ease your transition back to the community. Reserve Marines, who have made the transition from active duty and know the terrain, serve as **Home-town Links**. They have assembled local networks of Marines and Marine-friendly businesses, organizations and individuals who can provide assistance with Employment, Education, Housing and Military Benefits along with Community Information. We have already helped thousands of Marines make successful transitions - you can be next. The program is free and easy to use. If you are a **Transitioning Marine**, get started by creating a user account.



New USMC Operation
Iraqi Freedom Hotline #:
866-227-2708

Red Cross:

<http://www.redcross.org/>

Legal Assistance for the Military:

<http://www.abanet.org/legal/services/lamp/home.html>

Boys and Girls Club:

<http://bgca.org/clubs/>

Military Benefits:

<http://www.militarybenefits.com/>

New Web Page for Tricare !

<https://www.hnfs.net/bene/home/?tsc=f>



Sgt Eisha and Baldwin tally up the scores for the Pass in Review

Stew Smith: Make Fitness A Hobby

This week several emails had to do with exercising outside now that the weather is starting to get nicer around the nation. Many questions were about yard work compared to exercise and other rigorous activities common to the Spring Season. I have found that the caloric expenditure in many of these outdoor activities is comparable to running, walking, and even calisthenics /weight training. The problem that many people face with seasonal "hobbies" is that a good part of the year little or no physical activity gets accomplished. That is where I come in!

Starting a fitness plan HAS to eventually become a habit that you enjoy or even moderately enjoy in order to maintain with any consistency. Many of the ideas below are adapted from the [Military.com Fitness eBook Store](#) workout plans and used to create functional fitness or "hobby fitness" routines you can use anywhere and anytime. Your exercise / health plan has to incorporate the following components.

1) Cardio vascular exercise: Activities such as walking, jogging, biking, swimming, rowing a boat, climbing steps all increase the heart rate and helps improve heart and circulatory functions. Burning calories is also a byproduct of these activities. To give you an idea of what it takes to burn 100 calories (that's one cookie by the way) you have to walk 30 minutes, OR jog 17 minutes, OR rake leaves for nearly 60 minutes.

2) Resistance Training: Weights or body weight calisthenics are great examples of muscles building and bone strengthening resistance training exercises. Lifting heavy items such as plants and bags of leaves can substitute as resistance training exercises as well burn the above cookie in about 40 minutes. Circuit training can burn the same amount of calories in 15 minutes and weight training alone can accomplish it in 20 minutes.

3) Do not forget number three which includes: Stretching, drinking water and eating properly. All of these must become habits for a lifestyle of health to be effective. Many people try to lose weight by only dieting and dropping the calorie intake to under 1000 calories a day with little or no exercise. The problem with "eating to lose weight" is that your metabolism drops with your weight which causes the body to quickly add weight when the dieting stops. By combining all three of the above components, you will feel better, lose weight, become more fit and healthy, and increase the metabolic rate, which will burn that 100 calorie cookie faster even when resting.

Good luck on fitting fitness into your schedule and making it a habit. Take a look at the [Stew Smith Article Archives](#) for great tips on exercise routines that build muscles, burn fat, and make you feel great. Please feel free to email your questions at stew@stewsmith.com and check out the [Military.com Fitness eBook Store](#) - I am sure there is something for everybody in there.

Scholarships for Servicemembers & Veterans

The Military.com Scholarship Finder has listings of over \$300 million in scholarship funds. All personnel in the military community, including dependents, are encouraged to search the scholarship database. In addition to the scholarship search available, comprehensive and up-to-date information on educational benefits, such as the G.I. Bill, VEAP, and Survivors' and Dependents' Educational Assistance Program is available in the Education center. TO search through Scholarship Finder, go to the Scholarship Finder: <http://www.military.com/Education/ScholarShip/newsearch>

Family Readiness Officer (1stSgt Alameda)

Ladies and Gentleman,

Welcome to our latest edition of the Family and Friends News Letter (FFNL).

I have not received any questions so you will not see a question and answer page in this issue. If you have any questions on any subject please e-mail me at

alamedas@mfr.usmc.mil, and I will answer your question as best that I can and include both question and answer in our next FFNL. Also, if you have suggestions for our next issue of the FFNL, please send them to me for inclusion to our next issue.

On 2 Jul, we will have our annual Family Readiness Day—this is to help our families better understand the Key Volunteer (KV) program, information on benefits, pay and allowances, medical and dental benefits, Red Cross, and much more.

Please join us and bring your questions. We will have food and beverages to welcome home our Marines from their Annual Training (AT).

Semper Fi

1stSgt Alameda



Left to Right: GySgt McPheep, Sgt Eisha, Sgt Baldwin, MSgt Daily, and 1stSgt Alameda.

Grading the Pass in Review during Culver Academy's Annual Inspection, 2004

A Financial Web Site For Military. UM starts service to help armed forces

Baltimore Sun
June 3, 2004

By Eileen Ambrose, Sun Staff

You're a grunt on the frontline, and during a lull in hostilities, you wonder what investment strategies will give you the best chance at early retirement.

Back home, your family ponders the pros and cons of taking out a home-equity loan while money is tight.

Now, help is a convenient click away.

The University of Maryland University College has launched a Web site geared toward personal finance issues facing military members and their families.

The site - <http://militaryfinance.umuc.edu> - contains about 800 pages of financial information, more than 100 online calculators and links to other sites.

While other Web sites provide various information for service members, the school's site may be the only one that provides one-stop shopping on finances geared to the military and their families, said Robert Sweo, assistant dean of undergraduate business and management programs.

Topics range from deployment, insurance and mortgages to bankruptcy, car loans and job protections when a soldier returns home. Another feature allows people to pose questions to business faculty, with answers posted on the Web site.

The site is financed through a \$2 million grant the school received last year from Household International, a financial services company with a link on the site's homepage allowing visitors to apply for a loan or credit card.

About \$1.5 million of the grant was designated for creation and upkeep of the site. The rest of the money was used to create an endowment for scholarships, Sweo said.

Besides facilities it has on Maryland college campuses and adjacent to the University of Maryland College Park, the school has sites on 120 military bases overseas. UMUC has more than 90,000 students - about 57,000 of whom are either service members or their dependents.

The financial site, launched in mid-April, has been about a year in the making. The information was tailored for 18- to 25-year-old service members.

Military representatives provided guidance on what financial issues are important to service members and their families.

Marky Campbell, the school's director of operations, regional programs and the wife of a retired service member, was a consultant on the project. She said military families have unique financial situations.

Many military families move every two years, she said, and "there's a tremendous amount of financial ramifications of moving that frequently." It's harder for frequent movers, for instance, to know whether or not to buy a house, she said.

<http://militaryfinance.umuc.edu/>

'USA Cares' Helps Military Families in Financial Need
By Donna Miles

American Forces Press Service

May 27, 2004

WASHINGTON -- Deployments can put unexpected financial hardships on military families — sky-high telephone bills, unanticipated travel costs, loss of income for Guardsmen and reservists called to active duty for extended periods, among them.

USA Cares, a nonprofit organization run entirely by volunteers, is committed to helping families who've run into financial troubles while their family member serves the country.

Farrah Overman, one of the group's volunteers, said the help provided runs the gamut, from advice about where to go for assistance to outright payments for housing, food, vehicle repairs or other necessities.

For a military wife whose husband was wounded in Iraq, USA Cares paid for a round-trip plane fare so she could be by his side during surgery in Germany — something the military couldn't do because his injuries weren't life-threatening. The group paid for another military wife's hotel room while her husband was being treated for inoperable cancer diagnosed while he was on a National Guard deployment. Before USA Cares stepped in to help, the wife had spent three nights sleeping in her car in the hospital parking lot.

And for another National Guard soldier, a truck driver in civilian life, USA Cares helped to stop foreclosure on his truck after his unit was deployed in support of the war on terror.

While helping military families put food on the table and keep a roof over their head when there is seemingly nowhere else to turn, Overman said USA Cares is "basically here to give information," referring families in need to existing support networks. "We do a lot of research to find out what's out there," she said.

USA Cares helps to direct families to military and other charitable organizations or corporate sponsors looking for ways to support American troops, Overman said. Sometimes the group acts as an intermediary, getting landlords or bill collectors to agree to reduced payments during the deployment or helping the family get a loan to cover expenses. "We either help them or help them find a way to help themselves," Overman said.

USA Cares has 10 outstanding requests from needy military families that it hopes to support as funding becomes available, she said.

For more information, call (800) 773-0387 toll-free or visit the organization's Web site.

UNIT/I.D.CARD INFORMATION

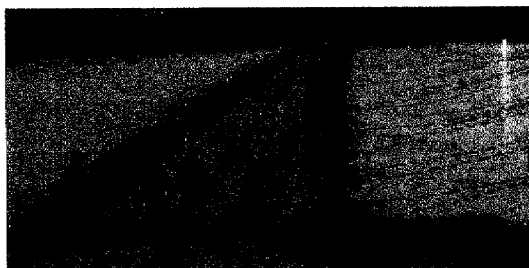
Unit Address

Engineer Company B
1901 South Kemble Ave
South Bend, Indiana 46613-1799
Phone: 574-233-8616
Fax: 574-233-8346

Unit Key Volunteer Coordinator:
Christine Zupsich
Email: zupsichcl@mfr.usmc.mil
If you don't know who your Key
Volunteer is please contact me.

Visit our web site:

www.mfr.usmc.mil/4thfssg/6esbn/bcorein/



420 Eng Bgd
Bridge Building,
Iraq

Applicants for ID cards, go to the web and search for the nearest DEERS/RAPIDS site

using your zip code: <http://www.dmdc.osd.mil/rsl>

I.D. CARD APPLICATION

REQUIREMENTS

Applicants for ID cards at the South Bend Armed Forces Reserve Center should have the following documents upon arrival:

Service Members

Old ID card and/or Photo ID
Valid Email Address
Know the following: Home address, 2 phone numbers, Blood Type
Current Orders for change of duty status/station/rank and if applicable DD 214
Birth Certificate & Social Security Card
Documentation of marital status

Spouse:

Sponsors Social Security Number
Old ID and/or Photo ID
Current Orders for change of duty status/station/rank and if applicable DD 214
Birth Certificate & Social Security Card
Documentation of marital status

Children:

Current Orders for change of duty status/station/rank and if applicable DD 214
Birth Certificate & Social Security Card
Documentation of College Enrollment if applicable (Class schedule or letter from school stating enrollment)

NOTES:

- 1) If you've just returned from Boot Camp: I Will need a copy of enlistment documents showing "Reserve" status at least 48 hours in advance.
- 2) If child is living with sponsor they will not have to get an ID card until 10th birthday.
- 3) If child is NOT living with sponsor they will need to get an ID card regardless of age.
- 4) To enter a new dependant into the DEERS system at South Bend we require a minimum of a Birth Certificate and Social Security Card.
- 5) If someone has lost their Social Security Card we will accept a letter from the Social Security Administration showing that a new card is being issued. Contact 574-251-3446 in South Bend area to setup appointments with SSA.
- 6) All documentation should be brought in regardless of whether or not the family member is with you.
- 7) Appointments are advised! Phone numbers for Deers sites are as follows:

South Bend AFRC

(CPL Michael King)
574-289-5871 ext 29

Valparaiso Armory

219-464-2070

APPOINTMENT REQUIRED

Tuesday-Saturday

Grissom ARB

(SGT Ron Wright)
3909

Indianapolis- 4 sites

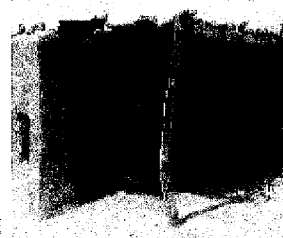
317-532-4514 (Ft. Harrison) 765-688-
317-247-3535 (State HQ @
Stout Field)
317-510-4430 (DFAS)
317-924-6389 (NMCRC/
USNR)

Camp Atterbury (Deployment Center)

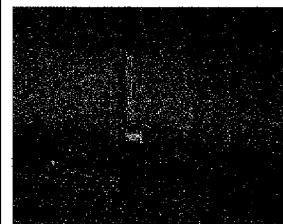
812-526-1111

Battle Creek, Michigan

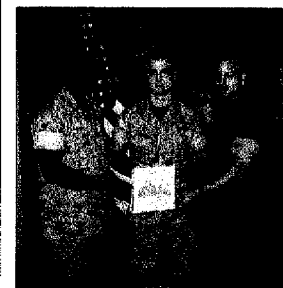
616-969-3216
OR
616-968-9216



Welcome to the 420
Eng Bgd, Café Marine.
Coffee and tea served
daily.



420 Eng Bgd
Bridging
Operations—Iraq



Newly promoted
"CPL McDaniel"
6/7/04

MCCS One Source Can Help You Protect Yourself Against Identity Theft!

There are steps you can take to reduce your risk of identity theft and protect your personal information. One of the best ways to guard against identity theft is to review your credit report every year. There are three main credit bureaus that provide personal credit reports: Equifax, Experian, and TransUnion. For a small fee, you can order a copy of your credit report. Residents of some states are entitled to one free credit report each year. Check it carefully for accounts or inquiries that you did not initiate. Here are some more suggestions for protecting yourself against identity theft:

1. Never leave a purse or wallet in the car.
2. Don't carry more credit cards than you absolutely need.
3. Don't open credit accounts that you don't need.
4. Keep a list of account and contact information for all of your credit cards, bank accounts, and investment accounts in a secure place..
5. Don't carry your Social Security number or birth certificate with you. Keep these documents in a safe place until you actually need them.

6. Don't have your Social Security number, date of birth, or driver's license number printed on checks.
7. Take your Social Security number off your license.
8. Guard your mail from theft.
9. Be careful about giving personal information over the phone.
10. Protect your personal information on the Internet.
11. Make sure that your credit card, bank, and phone accounts are protected by passwords that cannot be easily guessed.
12. Reduce the amount of personal data available.
13. Be cautious when using ATMs and phone cards.
14. Properly store or dispose of canceled checks, bank or credit card statements, and other documents with your personal information.
15. Keep track of all ATM and credit card receipts.
16. Pay attention to your billing cycles for credit cards and other accounts.

For more information log on to MCCS One Source at www.mccsonesource.com or call MCCS One Source today
User ID: Marines Password: Semper Fi

From the United States: 800-869-0278

From outside the United States (where available): 800-8690-2788

Or call collect: 484-530-5908

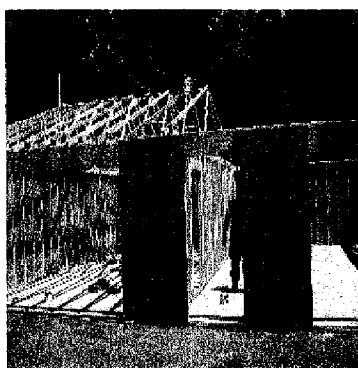
En español, llame al 800-375-5971

Phone Cards

AAFES Supports Deployed Troops With Public Phone Card Sales The Defense Department has granted approval for the Army and Air Force Exchange Service to sell pre-paid phone cards to the general public for donation to Operation Enduring Freedom and Iraqi Freedom service members. By law, only patrons with military exchange privileges can shop at AAFES retail stores, but officials announced this week that the exchange service would begin selling phone cards to normally ineligible people and organizations on its Website. Those wishing to purchase the cards can log on to the site and click on the "Help Our Troops Call Home" icon. The cards can be designated for an individual service member, or sent to "any service member" and distributed by the American Red Cross. Phone cards also can be donated to the Air Force Aid Society and Navy-Marine Corps Relief Society, as well as the Fisher House. All are nonprofit charitable organizations that support service members and their families in need. For more information, see http://www.defenselink.mil/news/Apr2004/n04302004_200404309.html.

Stars and Strips Online

DoD Launches Expanded Communications for Servicemembers The Department of Defense announced today that it is expanding its internal communications efforts with two initiatives during National Military Appreciation Month in May 2004. An electronic version of the "Stars and Stripes" newspaper will be available for downloading at no cost beginning on May 1, while the Pentagon Channel, the department's news and information television service, will become available to all U.S. military installations on May 14. Making the electronic "Stars and Stripes" available world-wide allows servicemembers to view exact replica copies of the newspaper's European, Pacific and Mideast editions, providing timely theater news and information for and about deployed forces. For the first time, servicemembers in the United States have access to this online newspaper, where the hardcopy newspaper is not printed. The electronic version of the newspaper is available online at <http://estripes.osd.mil>.



Community Out Reach Project
GySgt Santos and Doc Kwak build the roof for a two car garage. This project is in support of The South Side Baptist Church.
6/8/04



**Come Join us for
our annual Family
Readiness Day, on
Jul 2nd, 2004.**

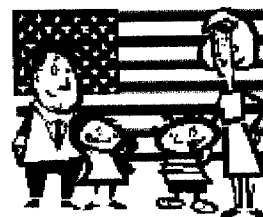
**Lunch will be
provided so come
on out and join us.**

FAMILY READINESS DAY SCHEDULE

Date/Time	Event	Speaker
2 July/0900	Welcome & Introductions	Capt Ross
0905	Key Volunteer Coordinator Comments / KV Network	Ms. Zupsich
	Adopt-a-Platoon Brief	Ms. Brunette
0925	Tricare/Brief (Medical/Dental)	Medical
1000	Admin Brief	Admin
	.Pay and Allotments .Direct Deposits .Allotments .SGLI	
1100	Break	
1115	MCCS One Source	KVC
1130	Legal Matters	PWST
1145	Questions & Answers	PWST/FRO/KVC
1200	Closing Remarks	PWST/FRO/KVC
1300	I. D. Card Issue (All Afternoon)	Admin
1330	EST 2000 (All Afternoon)	Sgt Baldwin

*TBD Lunch with returning troops N/A

*The Above schedule is for wives and spouses. Friends and families please arrive at 1200 (noon), to welcome the troops home and enjoy lunch on us.

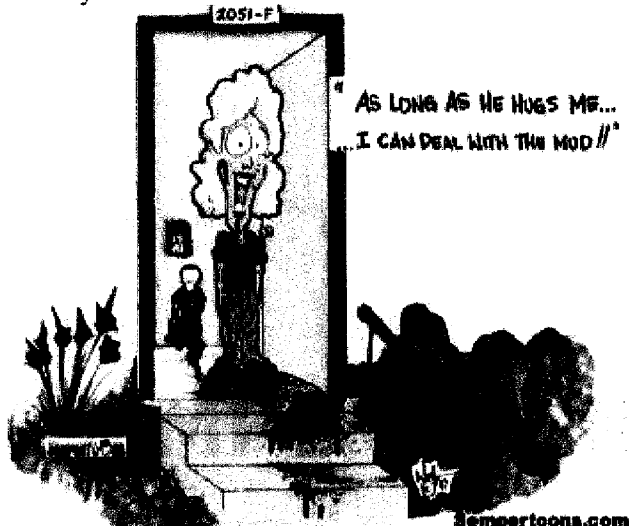


Working into the night,
GySgt Rohyans and
Doc Kwak
6/8/04



GySgt Santos preps
the roof. 6/9/04

"Messy Love"



The race is on to finish the roof before the rains come.
Left to Right: Gy Santos, PFC Shepherd, MSgt Daily, Ssgt
Hicks and Gy Rohyans. 6/9/04



Several hours later after a rain delay, equipment problems
and a new generator for the compressor, and they're
cooking with gas.